

NEWSLETTER FOR CARERS

May 2003



Issue Seven

2nd edition

ROMSEY & DISTRICT CARERS FORUM

Romsey Area Information Network (RAIN) is a new facility, launched in February, to enable you to access information about a wide range of community and health services within Southern Test Valley.

RAIN - aims to offer an easy route for the answers to your questions about community services and health facilities within the area of the map on the back page

If we do not know the answer to your particular question we will find it for you or signpost you in the right direction

Call in to one of the centres below

Romsey & District Carers Forum . 01794 515126
Test Valley Community Services . 01794 519998
Romsey Library . 01794 513299

Or any of the others listed on the following page.

Contact RAIN: 01794 515126 - Email:
info@romseyareainfo.net

Or visit the website at: www.romseyareainfo.net

Or write to:

RAIN . Unit D6 The Premier Centre . Premier Way .
Romsey . Hampshire SO51 9DG

(A project of Romsey and District Carers Forum in partnership with statutory and voluntary organisations)

RAIN CENTRES

Age Concern, Romsey and District	01794 518817
Alma Road Surgery	01794 513422
Carers Help Line*	08457 22 1122
Citizens Advice Bureau	01794 516378
Community Mental Health Team	01794 519846
DWP Pension Service	
Homemead House	01794 517230
Jane Scarth House	01794 830374
Mobile Library	
Mottisfont Lodge	01794 529300
NHS Direct*	0845 46 47
North Baddesley Health Centre	02380 743401
Police mobile van	
Post Office Wellow/Parish Council	01794 322840
Red Cross	01794 513202
Romsey Community School	01794 522106
Romsey Hospital - Out Patients	01794 512343
Romsey Opportunity Group	01794 322877
Romsey Police Station	0845 045 45 45
Romsey Talking Newspapers	01722 338055
Romsey Tourist Information	01794 512987
Social Services	01794 526000
Test Valley Borough Council	01794 527700
Test Valley Community Services	01794 519998
Testway Housing	The Hundred
Town Hall, Romsey	01794 512837
Tytherley Police House	01794 341039
Youth in Romsey	01794 500581

Available normal hours of opening for each Centre

* Out of hours service



INFORMATION
SIGNPOSTING
SUPPORT
HELP

RAIN launch 13 February 2003 in Romsey Town Hall

Romsey & District Carers Forum Diary Dates

Information and consultation day

for carers, older people and disabled people on

03 October 2003

Come and have your say about issues important to you

**Calling all Carers.... you are invited to a relaxation day
Especially for you!**

14 November 2003

Both above events 10 am - 3 pm at

10th Romsey Scout Hall . Braishfield Road . Romsey

Details of both above events from:

01794 515126 . admin@carersromsey.org.uk

Carers Together A.G.M. & Carer's Consultation

Friday 24 October 2003

Lyndhurst . Free lunch and parking

Details from: 01794 519495 . admin@carerstogether.org.uk

BEFRIENDING SCHEME

Romsey Carers Forum have received the good news last month that our bid to the Local Childrens Network Fund has been successful.

The grant, of £7000 is to recruit a development worker to set up a "Befriending scheme" for young carers in Southern Test Valley. The worker will recruit and train volunteer befrienders who will be matched to a young person who has a caring role looking after a relative with a long term illness or disability.

The befrienders will take the child or young person out on a regular basis, giving them a break from caring, a chance to experience a new hobby or activity, or just to have someone to talk to maybe over a drink and a light meal.

A steering group has been formed at the first meeting in June. If you would like to be part of the group, or like further information please contact Janet on 01794 515126 or email: Janet@southsurf.com

CARERS AWARENESS SESSIONS

Since starting work 6 hours a week for the Forum my feet don't seem to have touched the ground!!

We held 6 Training and awareness sessions for carers in North Baddesley which were well received. Below is the programme for the second series starting in Lockerley on 17 September.

I am really enjoying working with Anne and June and look forward to getting to know more of you. **Vicky Howells**

Second Series:

Lockerley Village Hall - 1.30 - 3.30 pm Wednesdays (not 16 October)
Ample free parking, transport available on request

PROGRAMME

- | | |
|--------------|--|
| 17 September | Understanding Community Services |
| 24 September | Coping Skills and Stress Management |
| 01 October | Benefits and Direct Payments |
| 08 October | Practical Help at home |
| 15 October | No meeting |
| 22 October | Moving and Handling |
| 29 October | Sitting Services and Carer Organisations |

*More details about any of the above and further courses in 2004 ring:
Vicky on 01794 515126 . Email: admin@carersforum.org.uk*

The Carers Christian Fellowship - Vicky is arranging a Quiet Day, possibly on 15 October, do ask her if you would like details.

Keep a look out for the new **Young Carers Befriending Service** being launched in the Autumn for Young Carers in Southern Test Valley.

Romsey Carers Club - Opening on 05 September and continuing on 1st & 3rd Fridays of each month - 10.30 am - 1 pm. For relatives, friends and neighbours of people with a long term illness or disability. Have a coffee/snack lunch, chat with friends, collect information, receive benefit advice, collect your essential aids or equipment, arrange for first aid support and training – all under one roof.

Direct Payments - Do you need help and guidance with Direct Payments?
Ring Sylvia Phillipps at Carers Together on: 01794 519495 or
Email: Sylviadp@carerstogether.org.uk

The Community Champions Fund was set up to help people who can inspire others to become more involved in renewing their neighbourhoods through participation in community groups. It can also support a limited number of small scale community inspired projects. The aim is to help people build on skills they already have and encourage them to help others become more involved in community and regeneration activity.

The fund is managed by Government Offices in the regions, in partnership with voluntary organisations. They can provide small grants to support a wide range of activities, especially those that help spread good practice

Very often in communities where there is little activity, it might take a group of people with a common interest to make something happen. Communities of interest are a vital starting point for residents in run down neighbourhoods, helping them tackle the main issues which affect or concern them. This helps them feel a little less powerless and more able to change things for the better. However, the Community Champions Fund recognises the work that key individuals do in driving ideas forward and helping groups develop

Support for these individuals is likely to be in the form of travel expenses or specific packages to enable them to visit other community groups or access experts and others in the same position as themselves. Training for individuals must always be linked to the development of community-based organisations and groups so that the knowledge and information gained is shared with as many people as possible.

A Community Champion is committed to helping members of their community to have a greater say in the decisions that affect them. In particular, he or she needs to be able to support community activity by adopting an entrepreneurial approach - which means making things happen and overcoming barriers. He or she must also be skilled in helping people to help themselves. Community Champions are forward looking people who are persistent enough to see things through. Finally, it is essential that he or she is good at networking and sharing ideas.

Contact: Carol Taylor . Community Action Hampshire
Beaconsfield House . Andover Road . Winchester . SO22 6AT
Telephone: 01962 854971 Email: carol.taylor@action.hants.org.uk



RESOURCE BUILDING FOR VOLUNTARY GROUPS IN TEST VALLEY

Test Valley Community Services works to support the local voluntary sector.

In November 2002 they received money from the Community Fund to help groups find sources of funding for their activities, recruit new volunteers and develop links with local businesses.

During the first six months, their work has concentrated on supporting local groups in fundraising through identifying suitable funders and helping with applications, with notable successes. Newly established groups have been helped with constitutional and employment concerns.

In addition, volunteers have been recruited for local groups in the area. The problem of attracting volunteers is, however, an on-going concern in Test Valley and a forum is planned for later in the year to review this issue.

Such meetings help to forge stronger links between voluntary groups and larger organisations and this, together with developing relationships with businesses will form the next phase of the project.

Greg and Tina would be pleased to hear from any groups interested or seeking help in any of the above areas. Please call on 01794 519998 or email: romsey@tvcs.org.uk

WHAT IS CLICK?

The CLICK project aims to link, inform and support carers isolated because they live in rural areas, or who live in urban communities but are isolated because of their caring role.

It provides a support group on-line giving carers social interaction, information and support by linking them via e-mail, as a viable alternative to attending regular support group meetings, which can be difficult for some people.

It is available to anyone with a caring responsibility.

Carers may use their own PC or apply to loan one of the limited number available through Carers Together. These PCs are only available to hands-on carers.

HOW DO YOU JOIN?

Carers who express an interest in joining this support group on-line will be sent a leaflet that should be completed and returned to Carers Together.

The completed form will be sent to the Coordinator who will contact the applicant to discuss their involvement and check details of the technical requirements.

SUPPORT AND TRAINING

We have employed an experienced and qualified teacher to support members with use of the computer / software and organising documents etc. She is also available to give on-site training to members and help them with any concerns, problems or difficulties.

She will undertake a visit to any member to check their equipment and ensure it is all working properly and assist them with any computer needs.

Carers Together

Unit D6 The Premier Centre . Premier Way
Romsey . Hampshire SO51 9DG

Telephone: 01794 519495

Email: admin@carerstogether.org.uk

<http://www.carerstogether.org.uk>

WHY NOT SUPPORT YOUR LOCAL CARERS ORGANISATION?

<http://www.romseycarers.org.uk>

Caring with Carers



in Southern Test Valley



Romsey & District Carers Forum

Unit D6 The Premier Centre . Premier Way . Romsey SO51 9DG

Telephone: 01794 515126 voice / 01794 511182 text

Email: admin@carersromsey.org.uk - www.romseycarers.org.uk

Charity No: 1079112